

# AWARENESS AGAINST “NOMOPHOBIA”

ERASMUS+ KA153 TRAINING COURSE

INFO  
PACK



20-26 MAY, 2025

ANKARA, TÜRKİYE



Funded by  
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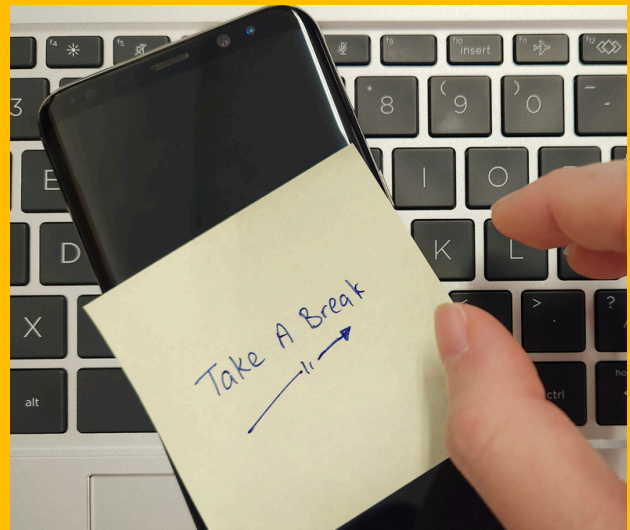


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# PROJECT SUMMARY

## Project Title

Healthy Timing in the Digital World  
Awareness Against Nomophobia

## Project Number

2023-1-TR01-KA153-YOU-000128500

## Dates

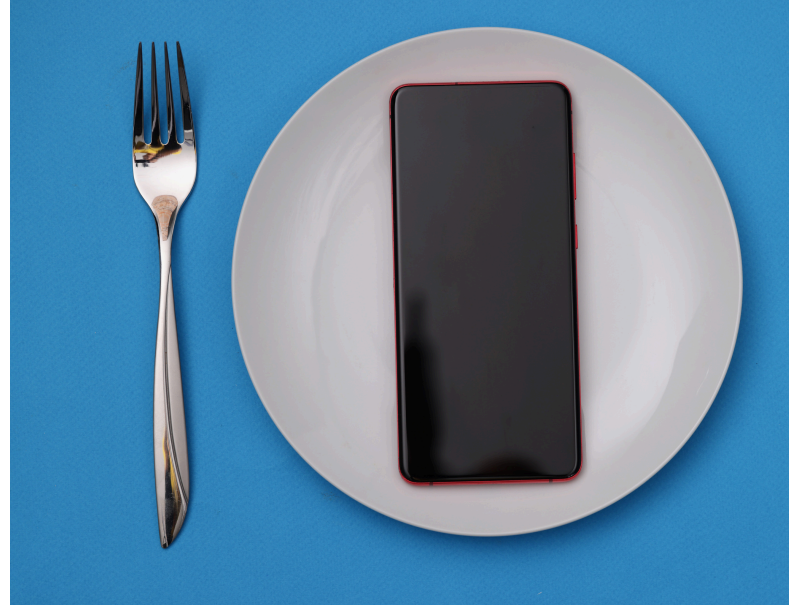
20-26 May 2025

## Location

Ankara, Türkiye

## Coordinator

Get Social Youth Community



In today's digital age, smartphones are an essential part of our daily lives. While they offer many conveniences, overuse can lead to nomophobia—the fear of being without a mobile phone or disconnected from the digital world. This growing issue affects mental health, social interactions, and personal development, especially among young people.

The “Healthy Timing in the Digital World - Awareness Against Nomophobia” project aims to raise awareness about nomophobia and promote healthier digital habits among youth workers. Through this 7-day international mobility in Ankara, Türkiye, youth workers from 6 different countries (**Türkiye, Germany, France, Latvia, Austria, Spain, Italy**) will come together to explore the effects of digital overuse and learn strategies to encourage balanced smartphone use.

The project focuses on non-formal education methods, interactive workshops, discussions, and cultural exchange to enhance participants' skills in youth work, digital well-being, and personal development. By the end of the project, participants will be equipped with tools and knowledge to spread awareness about nomophobia in their local communities and foster healthier digital lifestyles among young people.



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# PROJECT OBJECTIVES



# EXPECTED OUTCOMES

By the end of the project, participants and partner organizations are expected to:



**Increase their knowledge and awareness**  
of nomophobia, its causes, and consequences.



**Develop practical skills**  
for promoting healthy digital habits and reducing smartphone dependency among young people.



**Create new tools and methodologies**  
for non-formal education that address digital well-being and time management.



**Strengthen their capacity**  
to manage and implement international youth projects under Erasmus+ programs.



**Build long-lasting networks**  
and partnerships between participating organizations to collaborate on future projects.



**Enhance intercultural understanding and cooperation**  
through shared experiences and joint activities.



**Spread project results and awareness**  
within their local communities via follow-up activities, dissemination events, and online platforms.

# PROJECT DATES



20-26 MAY  
2025

ARRIVAL DAY  
19 MAY

Participants are expected to arrive no later than 19 May and depart on 26 May (afternoon). If you plan to stay extra days, or to come earlier to Türkiye please inform the organizers in advance. **Extra stay costs are not covered by the project.**

# PROJECT LOCATION

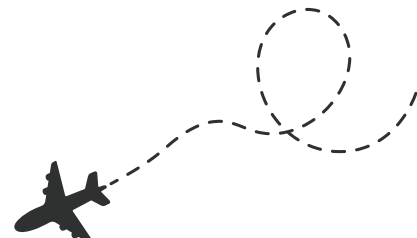


ANKARA  
THE CAPITAL CITY



The project activities will take place in Ankara, the capital city of Türkiye. Ankara is a modern city known for its historical landmarks, vibrant cultural life, and welcoming atmosphere.

# TRAVEL AND REIMBURSEMENT INFO



Participants are responsible for booking their own travel tickets to and from Ankara, Türkiye. Once you are selected for the project, you should:



Book your travel tickets **within 1 week** of confirmation



Choose **the most economical** travel option









Share your travel plan with the organizers **before booking** to get approval.

Travel costs will be reimbursed **up to the maximum limits set by Erasmus+ Programme**. (See the table on the right)

Reimbursement will be made **via bank transfer** after the project activities and once all original travel documents are submitted.

Participants **must attend 100% of the program activities** to be eligible for reimbursement.

| COUNTRY   | MAX. REIMBURSEMENT PER PARTICIPANT |
|---|------------------------------------|
|  France  | 360 Euro                           |
|  Germany | 360 Euro                           |
|  Latvia  | 360 Euro                           |
|  Spain   | 530 Euro                           |
|  Austria | 275 Euro                           |
|  Italy   | 360 Euro                           |


# ACCOMMODATION

Participants will be accommodated at Reda Palas Hotel, located in **Kızılay, Ankara**, one of the city's most central and vibrant areas.



The hotel is within walking distance of shops, restaurants, cafes, and public transportation, making it easy for participants to explore the city during their free time.

 **Hotel Name:** Reda Palas Hotel

 **Address:** Karanfil Sokak No:58, Kızılay, Çankaya/Ankara

 **Room Type:** Shared rooms (double or triple), divided by gender

 Bed linen and towels will be provided.

 Free Wi-Fi is available at the hotel.



# FOOD

**Breakfast** will be provided at the hotel each morning.

For lunch and dinner, participants will receive **a daily allowance (per diem)** to cover their meals. This will give participants the flexibility to explore different restaurants and local cuisine in Ankara's city center! 😊

The amount and payment method of the daily allowance will be explained in detail **during the first day** of the activity.

**Coffee breaks** will be organized during the activity sessions.

# PARTICIPANT PROFILE

We are looking for youth workers who are motivated, proactive, and interested in raising awareness about nomophobia and promoting healthier digital habits among young people.

*\*go to the next page for the  
eligibility criterias*



# WHO CAN PARTICIPATE?

- 1** Youth workers, youth leaders, educators, volunteers, or individuals actively **involved in youth work** in their local communities
- 2** Participants from the partner countries: **Türkiye, France, Germany, Latvia, Spain, Austria, and Italy**
- 3** Minimum age: **18 years old**  
**! Exception:** Participants aged 16-17 years old can join the project with written parental consent
- 4** There is **no upper age limit**, but preference is given to participants between 18-35 years old
- 5** Able to communicate in **English** (basic communication skills are sufficient)
- 6** **Willing to participate** actively in all activities, including workshops, discussions, and intercultural events
- 7** Committed to **sharing the knowledge and experience** gained from the project in their local communities after returning home



**CLICK HERE TO APPLY**

# CONTACT INFO

## Project Coordinator

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*This project, “**Healthy Timing in the Digital World - Awareness Against Nomophobia**” (2023-1-TR01-KA153-YOU-000128500), is implemented by **Get Social Youth Community** within the framework of the Erasmus+ Programme. The project is funded by the European Union through the Turkish National Agency.*

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